

# VAPING MAKES MENTAL HEALTH WORSE

text DITCHVAPE to  
88709

Get help quitting:  
-truthinitiative.org  
-heynorm.org  
-scan this QR code:

- Young people who vape report more days of poor mental health than those who don't.
- Vaping nicotine can make existing mental health conditions worse



Of young people who quit vaping...

